

FAMILY PREPAREDNESS

Planning what to do before a disaster strikes is the best protection for you and your family.

Prepare for **Everywhere**

FAMILY PREPAREDNESS

HEALTHY FAMILIES

Families that practice good health behaviors are more likely to remain healthy during a disaster and disaster recovery.



VACCINATIONS

Make sure everyone has the vaccinations they need.



FIRST AID & CPR



Take training in first aid and CPR. Knowing how to spot symptoms and knowing how to perform emergency aid can save a life.

HAND WASHING

Wash your hands with soap and warm water for 20 seconds.

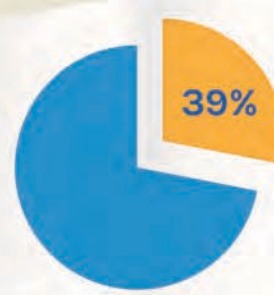
When water is not available, use alcohol-based hand sanitizers.

Wash hands before preparing or eating food and after going to the bathroom.



HAVE A PLAN

Only **39%** of Americans have developed an emergency plan & discussed it with their family.



Know which disasters are common in your area and how to prepare your home and family.



Learn community warning signals and how to react to different alerts.



Know when you should shelter in-place and where the safest place in your home is during different emergencies.



Find escape routes in your home and evacuation routes in your community. Practice using these routes with your family.

In case of an emergency, carry an emergency contact card so that responders know how to get in touch with your loved ones.

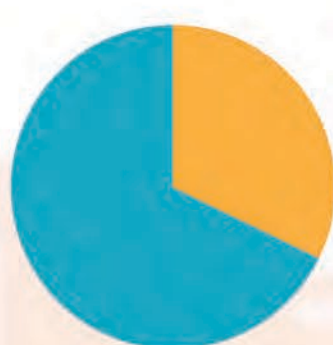
EMERGENCY CONTACT CARD

Name: _____ DOB: _____ Special needs, medical conditions, allergies & other important information: _____
Home Phone: _____
Emergency Contact: _____
Out-of-town Contact: _____
Phone Number: _____

Keep an emergency contact card in your wallet, purse, or children's backpack.

GATHER EMERGENCY SUPPLIES

EMERGENCY KIT



48% of Americans do not have emergency supplies for a disaster.

Your emergency kit should include:



EMERGENCY SUPPLY OF FOOD

Store enough food to feed everyone in your home for 2 weeks ...

and don't forget a can opener!

Choose foods that:

You eat regularly



Need no refrigeration



Require no preparation



Require no cooking



EMERGENCY SUPPLY OF WATER

Have at least a **3-day** water supply for each person in your home.

3 day supply = 1 gallon per person per day (including pets).



YOUR FAMILY IS **UNIQUE**. YOUR **EMERGENCY KIT** SHOULD BE **TOO**.

Gather items in your emergency kit specific to your family's needs



Medication



Asthma inhaler



Eye glasses



Important documents



Baby formula and diapers



Toy or games for children



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information visit:
emergency.cdc.gov/npm